

NEW YORK STATE WIC PROGRAM EMERGENCY FOOD SUBSTITUTIONS

**BRONX, NEW YORK, KINGS, QUEENS, RICHMOND,
NASSAU AND SUFFOLK COUNTIES**

NOVEMBER 8 – 25, 2012

To help WIC participants obtain WIC foods during this time period, NYS WIC will allow the substitutions in the table below if your store does not have the exact items listed on the participant's WIC check in stock. No other substitutions are allowed. In addition, WIC participants do not have to purchase all the items listed on their WIC checks, if your store does not have all the WIC foods.

Item listed on WIC check that your store does not have in stock:	Other item that the NYS WIC participant may purchase instead:
Gallon Nonfat or 1%LowFat Milk	<p>Any milk in gallons, half gallons or quarts that combine to equal the amount of milk listed on the check.</p> <p>Participants must select the lowest fat content available. If there is not enough Nonfat or 1%LowFat milk available in the store, the participant may purchase 2% Reduced Fat milk. Whole milk can be purchased if there is not enough Nonfat, 1% LowFat or 2% Reduced Fat milk available.</p>
Gallon Whole Milk	<p>Any milk in gallons, half gallons or quarts that combine to equal the amount of milk listed on the check.</p> <p>Whole milk is for specific children who need the fat. For these checks, participant caregivers must select the highest fat content available. If there is not enough Whole milk available in the store, the participant may purchase 2% Reduced Fat milk. The next choice is 1% LowFat milk, with nonfat milk as the last choice.</p>
16-Ounce WIC Cheese	<ul style="list-style-type: none"> • <u>Up to 16 ounces</u> of WIC cheese – participants may purchase a smaller amount if 16 ounces is not available OR • 1 half gallon plus 1 quart of milk, any fat content OR • 3 quarts of milk, any fat content
16-Ounce WIC Bread	<ul style="list-style-type: none"> • Bread, rolls or buns labeled as 100% whole wheat – any brand, any size close to 16 ounces (smaller or larger) OR • 14-16 Ounce Package Brown Rice – any brand OR • 14-16 Ounce Package Whole Wheat Tortillas – any brand OR • 14-16 Ounce Package Soft Corn Tortillas– any brand
18-Ounce Peanut Butter	<p>Peanut butter close in size to 18 ounces (smaller or larger) – any brand, must be labeled as peanut butter, not spread.</p>